

Beating the Winter Sniffles

Keeping your productivity up is important when it comes to advancing your career. In order to operate at maximum productivity, you are going to need to make sure that you keep your immune system healthy.

In today's fast-paced society, keeping the sniffles at bay is extremely important.

Preparation

The first step is to ensure that your flu vaccinations are up to date – Ausvax can assist in this by setting up convenient vaccination sessions in your own office. You and your colleagues can get your flu jabs without even having to leave the building.

With Ausvax, you can prevent yourself from ever getting sick in the first place with the [Best Workplace Vaccinations](#).

For getting more information you can visit our website

Diet

A healthy diet is important in the fight against colds and flu. Making sure that you get your nine servings of fruit and vegetables a day will stand you in good stead when it comes to boosting your immune system.

Make especially sure to stock up on foods rich in Vitamin C such as strawberries, citrus fruits, broccoli and chilli, etcetera. It is best to eat these foods raw so as not to damage the Vitamin C in them.

Probiotic foods should be eaten on a daily basis in order to best benefit the immune system. Probiotic yoghurt is the best source.

At the Onset of Colds

The minute the sniffles start, eat two cloves of raw, crushed garlic daily to kick-start the immune system.

Making a tea with ginger, lemon and honey is very good at combating and lessening the severity of colds and flu. The ginger loosens the mucous and revs up the metabolism, thus helping to burn out the infection; the lemon has high amounts of Vitamin C and the honey is both anti-bacterial and soothing to the throat.

Simply place a teaspoon of honey, a quarter cup of lemon juice and a few thin slices of ginger into a cup – add boiling water and allow to steep until cool enough to drink. Drink as warm as possible.

Steer clear of sugar and refined foods – these allow the bacteria to get a foothold and weaken the immune system.

Make sure to get your eight glasses of water a day.

Also, get plenty of rest and relaxation – a tired body is one that is more likely to become infected.

You can also make use of essential oils to help clear up the symptoms – eucalyptus, pine and menthol are especially good in a steam bath or oil burner in order to clear up sinus infections and ease coughing.

The most important thing is to make sure that you look after yourself properly – If you look after your immune system correctly, it will look after you when you need it to.

<http://www.ausvax.com.au>